



Living Well North Tyneside

Supporting Health and Wellbeing

Time: 11:00am - 12:00pm



Cost: No Cost



Type: Face to Face

No Limits is a programme of after school activity sessions for children and young people **under 16** aimed at encouraging physical activity.

Pool based sessions include pool inflatables.

All sessions are free of charge.

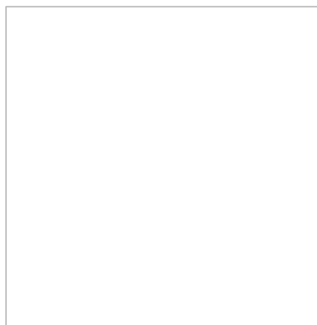
Sessions take place in term time only, a valid easecard is required to access the programme.



[kids
activities](#) |

[Children
activities](#) |

[swimming](#) | [pool](#) | [under 16](#) | [after school](#)



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<https://www.activenorthtyneside.org.uk/no-limits>

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